

# Hubungan Duke Treadmill Score dengan Faktor Risiko Individu dan Jenis Pekerjaan pada Pekerja Perusahaan Minyak dan Gas di Indonesia = Association of Duke Treadmill Score with Individual Risk Factors and Types of Work among Oil and Gas Workers in Indonesia

Palupi Agustina Djayadi, author

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## Abstrak

**Pendahuluan:** Laporan kasus fatality di beberapa perusahaan minyak dan gas di Indonesia selama Januari-Maret 2019 terjadi 15 kasus mortalitas pekerja diduga akibat kematian jantung mendadak, tanpa adanya kelainan hasil uji treadmill pada pemeriksaan kesehatan berkala terakhir. Salah satu metode penapisan risiko penyakit jantung koroner (PJK) adalah dengan uji treadmill. Duke Treadmill Score (DTS) merupakan metode yang baik untuk stratifikasi risiko dan menilai prognosis pada uji treadmill.

**Tujuan:** Diketuainya hubungan antara faktor risiko individu dan jenis pekerjaan dengan DTS.

**Metode:** Penelitian cross sectional yang melibatkan 290 responden pekerja dari empat perusahaan migas di Indonesia. Pengumpulan data dilakukan dengan wawancara serta perhitungan DTS berdasarkan hasil uji treadmill pekerja yang dilakukan pada September-Desember 2019.

**Hasil:** Didapatkan 66,9% DTS risiko ringan; 33,1% DTS risiko sedang. Variabel yang berhubungan dengan peningkatan risiko DTS adalah usia >40 tahun dengan (ORadj = 2,70; IK 95%: 1,162-6,282), dan merokok (ORadj = 2,78 IK 95% 1,637- 4,726). **Kesimpulan:** Tidak terdapat hubungan bermakna antara jenis pekerjaan dengan DTS pada pekerja migas di Indonesia. Terdapat hubungan bermakna antara risiko individu merokok dan usia >40 dengan DTS pada pekerja migas di Indonesia.

.....**Background:** Reports of fatality cases in several oil and gas companies in Indonesia, January - March 2019 period occurred 15 mortality cases of workers due to sudden cardiac death, without any abnormal findings of the treadmill test result on last periodic Medical Check-up. One of the screening method for coronary heart disease is the treadmill test. The Duke Treadmill Score (DTS) is the most powerful method for stratifying risk and assessing the prognosis in the treadmill test.

**Objective:** To find out the association between individual risks factors and types of work with DTS among oil and gas workers in Indonesia.

**Methods:** A cross-sectional study design involving 290 respondent oil and gas workers from four oil and gas companies in Indonesia. Data collected by interview and calculation of DTS based on worker's treadmill test conducted in September-December 2019.

**Results:** DTS among workers found 66,9% had low risk; 33,1% had moderate risk. Variables associated with increased DTS were age >40 (ORadj= 2,70; 95% CI:1,162-6,282) and smoking (ORadj= 2,78; 95% CI:1,67-4,726).

**Conclusions:** There was no significant association between types of work and DTS among oil and gas workers in Indonesia. There was a significant association between the risk of individual smoking and age>40 with DTS in oil and gas workers in Indonesia.